

**ABSTRACT**

A system and method for eliminating absent or poor quality video sections from a video recording, such as a second generation of video recording. Synchronizing pulses associated with a video signal to be recorded are analyzed to determine whether a video signal is present and, further, to determine whether the video signal is not distorted (i.e., non-trick play mode). A recording device is selectively paused in response to the absence of a valid video signal or the presence of a video signal that is distorted, of poor quality or otherwise not worth recording.